

A love letter to the ones who go deep



Do we call ourselves "coach?"

In truth, we feel conflicted, because it seems that anyone can call themselves a coach these days...And while we honor every person's journey, we worry about the dilution and impact...

Of the work we hold so dear.

For us, our work is our calling. We are here to see the unseen, hear the unsaid, and examine the hidden truths and bring them into the light.

We are here to create Transformation.

Not fleeting transformation that ceases to be felt a day or two after a breakthrough...but real, long lasting change and healing.

We are here to support those we serve to love themselves all of the way, in and through, and down and around. The pretty parts and the not-so-pretty parts.

We are here to navigate the uncharted waters and rearrange the wiring that has people believing that they are anything less than...100% sacred.

We are here to bring the Shadows out of our clients' blindspots and help them reclaim all parts of themselves...to become whole.

And to do this we hold ourselves to a higher standard. We know that to ask others to explore the craggy shadows of their fears and shame, we must do the same.

We can't ask others to go where we have not gone.

We are willing to go first.

So coach, maybe...but know that the term barely scratches the surface of who we are and what we do. It barely scratches the surface of the alchemy of our own growth, expertise as the decoders of the human behavior, and the willingness we have to hold those we serve through whatever may arise...

Their anger. Their fear. Their shame.

Their dreams. Their desires. Their brilliance.

This is what we do. This is who we are.

We change lives through our own sacred calling.

"I am a coach... who goes into the Sacred Depths."

This is who we are.

